

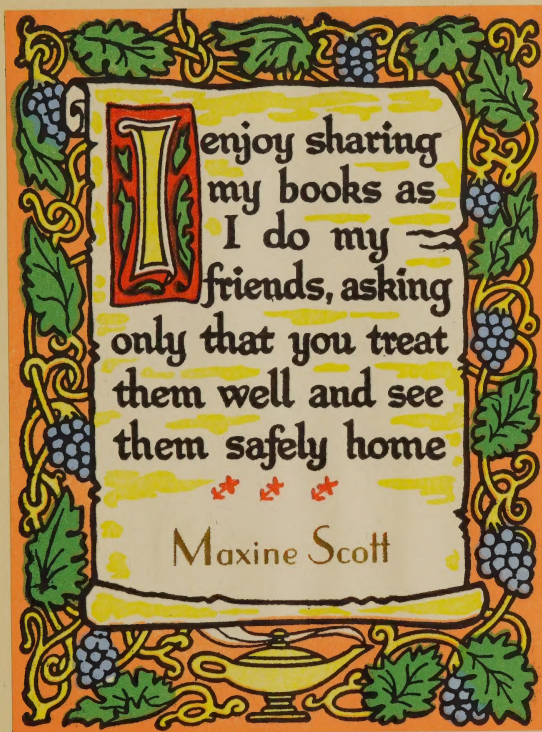
*Can We Live  
Forever  
?*

FRANCES GORDON WELSH

THE LIBRARY  
BRIGHAM YOUNG UNIVERSITY  
PROVO, UTAH



*Margaret Will*





CAN WE LIVE FOREVER?

BY

FRANCES G. WELSH



289.7  
N42  
W4650

# CAN WE LIVE FOREVER?

FRANCES G. WELSH

Introduction

FRANK M. WELSH

Authors of

Thinking Success Into Business  
Alpha and Omega

First Edition, June, 1938

Second Edition, July, 1938

Third Edition, September, 1938

WELDON PRESS

2666 E. 73rd St.

Chicago



COPYRIGHT, 1938

by Frances G. Welsh

All rights reserved, including translation into foreign languages including the Scandinavian. Serial rights, dramatic and motion picture rights especially reserved.

No part of this book may be reprinted without permission in writing from the publisher, except that reviewers may quote excerpts for publication in magazines and newspapers.

Printed in the U. S. A.

THE LIBRARY  
BRIGHAM YOUNG UNIVERSITY  
PROVO, UTAH



To My  
BELOVED FATHER AND MOTHER  
I DEDICATE THIS BOOK

*“If this doctrine is false it will perish,  
and fall of itself, but if true, it cannot  
be destroyed.”*

*Gamaliel.*

## INTRODUCTION

This book is not written to provoke argument; to confirm or refute any philosophy, theory, or creed. Its object is to bring the message of Life Eternal, not after death, but here, to all mankind. Courage seems to be the rarest of all virtues in an author, but the author of this book has always roamed outside the realm of orthodoxy, and that gives her courage.

The picture she draws of gazing upon her body is significant to me in more ways than one. There was the thinking governing part of her self looking at two bodies, ethereal and physical, without effort. The brain in her inert body was not functioning, still she was hearing, seeing, feeling, and reasoning. The One appeared to point out a great work that could be done by every individual, and the contents of this book is evidence of her acceptance.

## *Introduction*

For seventeen years the urge to share her vision with mankind has been uppermost. Sometimes she would say with a desperation in her expression, "Our forefathers refused to become reconciled to savage lives. Why do we continue to be reconciled to death?" Seventeen years—a long while to harbour an idea that will help man to demonstrate his most cherished dream, and not become discouraged during the period of development.

As long as one is silent he has no opposition, once he has spoken, his idea is open to controversy. But the author feels the time has come to speak and that the vast majority of people will wholeheartedly desire to co-operate, for people everywhere are coming into a realization of greater possibilities.

Every "new system" passes through a struggle for acceptance. But let us not con-



## *Introduction*

sider this a "new system," but the very old one that "was" and "will be" again. No system can create a monopoly on living. This art belongs to God and to every individual. When one feels the urge to live forever, and to help others to this accomplishment, he knows full well that he is actuated by a Higher Power, and when the motive is right, Power operates to cause the manifestation.

As I write I am conscious of my own conversion, and that of hundreds of others to the expectation of proving the eternality of life, which is small compensation for the peace and joy we have already had from the expectation which the author has inspired in us. What joy her message has brought into my life. With high expectations I keep alive my hopes, plans, and desires, with no thought of hurry and worry, because I know I have eternity in which to accomplish.

## *Introduction*

Before this subject became familiar to me, it seemed irrational, but now nothing seems logical or practical that does not bear it out. The very expectation of living forever has made all else seem insignificant. I am enjoying my life eternal now, in a happier, healthier, more prosperous existence than I have ever known before; all because I finally accepted my God-given right and began to do something about it. I no longer long for life and youth. I have them, and at my pleasure can incorporate them into myself.

If anything in this book arouses you to think for yourself, deeper than you have been taught to think, if you are stimulated to the point of where you are able to say "maybe it is possible," if one person will set out to discover how true or false it is, it will be well worth while.

Frank M. Welsh.

## AUTHOR'S NOTE

Very likely this book is a departure from the traditional, but it is sent forth in the hope that it will be read in a receptive attitude of mind, and with an openness that will tempt the reader to try the method for himself. Incongruous as it may seem in the light of the evidence to the senses, should it convince one person that death is not inevitable, should it instill in one person the desire to live forever, I am richly compensated. I believe to the degree it is accepted will it be proved.

The purpose is to give the method by which one can return whole and sound from the valley of death and to urge men to take advantage of their dominion which lies in keeping themselves active and peaceful, functioning in bodies of health and youth as long as they choose to do so.

There is no value whatever in a mere

### *Author's Note*

theoretic exposition of this method. On the contrary it must stand its own defense, that defense lies in the fulfillment, which will come through application of the principle. There is nothing to be gained if the method is not tested. The results achieved in each of the four cases described—my two friends, my son, and myself—cannot be attributed to accident, quite the contrary. Were such results not realized it would have been “accident” in the most tragic sense of the word, to those who love us.

No thinking individual would deliberately oppose a change no matter how radical it may appear, if through it he were to profit greatly. We must expect and prepare for changes.

“Compared to what we ought to be,” said Professor William James, “we are only half awake. We are making use of only a small part of our physical and mental resources



### *Author's Note*

. . . the human individual thus lives within his own limits. He possesses powers of various sorts which he habitually fails to use."

To choose life, rather than death when one finds himself in the valley of decision is a power which man has habitually failed to use. Each individual has access to perfect consciousness—it is the "Talent" given him, he can make use of it to be a source of inspiration to the whole race who is toiling slowly upward to the Divine Goal. He need no longer pray blindly for life when through his own efforts he may have it in its fullest measure. Absurd? Fantastic? Try it and see!



## CONTENTS

Chapter	Page
Introduction .....	7
Author's Note .....	11
I. In the Valley of Decision .....	17
II. The Proof That Came in Due Time	27
III. The Decision Resides Within You	35
IV. Spiritual Attainment and Bodily Perfection Are One Harmonious Goal .....	51
V. Insulating the Body Against Death	73





## CHAPTER ONE

### In the Valley of Decision

**B**Y an irresistible impulse I am urged to write of an event which changed my whole life. Not only were my habits and desires changed, but a complete metamorphosis took place.

Seventeen years ago, at a time when I was thought to be dying, I suddenly found myself sitting upright on an operating table, gazing backward at my body lying there. I say "I was gazing"—and that is just what I was doing—for from the waist-line up, another body had formed. I examined my new hands and arms—they seemed normal to me, and then as though possessed began a series of tuggings to free myself from that portion of the body that held me. Glancing upward, something indescribably pleasant opened—a rose col-

## *Can We Live Forever?*

ored twilight. There was no particular sensation except that an unaccountable glow like that of atmosphere sustained me—I became peaceful.

In that instant, or perhaps it was longer, I do not know, I loved infinitely, and saw that I was infinitely loved. Was this death? If so, it was merely a name for more abundant life. Some one with outstretched arms stood before me. I reached toward him but was unable to touch his finger tips.

“I cannot reach you, will you come a little closer?” I asked.

“I can come no further, you must come the rest of the way. But before you do, listen to what I have to say. You are now in the ‘valley of decision.’\* A moment ago you fought valiantly for life, now, you feel tired, and want to forsake your body for

---

\* Joel 3: 14

## *In the Valley of Decision*

the one already forming. Do not come, this will not be progress but only a change, and you will be compelled to 'go out' again and immortalize a body at some future time. 'For God has no pleasure in the death of him that dieth—therefore turn yourself and live ye!'

"You should understand the condition which now confronts you. Even though human hope is gone, you can still protect your body from death. You can live forever! I shall tell you how, and the proof will come in due time. In this 'valley of decision' you need only assert yourself, and even though you met with sudden violence you would have your opportunity to decide."

"But this is not death," I answered, "this is more abundant life."

"That is not true! The only death through which anyone could pass is the

\* Ezek. 18: 32

## *Can We Live Forever?*

death of something no longer wanted. You no longer want your body—you are trying to escape it, and unless you decide otherwise you will do so. It is entirely up to you! If you come the rest of the way, others will say, you died, to them your passing is death.”

“But what good to go back—to that?” I asked, pointing to the inert form.

“You will have gained not only the victory over death but a deeper insight into your own soul, and you will see the purpose of God for your life. Think for a moment of One who went back, to prove that man can control his body so masterfully that even a murderous attack could not keep it inactive. This was not His personal victory, it is the victory of man. He said, ‘ . . . The works that I do shall you do also and greater works . . . ’\*—‘greater works’

---

\* John 14: 12



## *In the Valley of Decision*

could only mean keeping your body active and vibrant indefinitely. Are you going to deny God again?"

"When did I deny Him before?"

"There is nothing new under the sun, everything that was, will be, and everything that is, was.\* You lived under the sun before, but made the decision to leave your body. By the command of God, you live under the sun again. Now another testing time has come, and you once more deny Him.

"Your philosophers of old have declared immortality to be something about which nothing can be definitely said with true assurance, but about which much may be hoped. They did not know that one could not hope for a condition unless it were possible of accomplishment."

"But I have no such hope, nor do I believe others have. No one wants to live forever.

---

\* Eccl. 1: 9

## *Can We Live Forever?*

All wish to enjoy a long and happy life, but to immortalize their flesh, I am afraid of what may happen if I so much as think such a thing."

"Don't be afraid, all established truths contradict the evidence of the senses, and are received with incredulity until the proof of them becomes overwhelming.

"It is difficult for you now to conceive that men once held themselves within restricted zones of activity because they 'knew' they would tumble off the edge of the earth if they ventured too far. But even when they labored under this belief, the earth was as round as it is today. You can do as the discoverer, sail beyond the limitations of human opinions, into the realm of facts."

"If you are trying to convince me that I can live forever, in my body, I frankly admit I do not understand."

## *In the Valley of Decision*

“That is because you do not know that death is a deep disease of life that needs healing and can be accomplished by choosing life rather than death when one finds himself in the ‘valley of decision.’ Decide this moment to live! Believe that some day the possibility of life eternal, lived in an immortalized body will find its way to men!”

A white palpitating light filtered through me, the outward vista grew dim,—I heard no more. I had made my decision. It was said, “physicians with the aid of artificial respiration” had brought me back.

A tiny bundle was placed in my arms; a son had been born to me. In the midst of a great consciousness I had glimpsed life, and saw that it was eternal.

The first thing I noticed was the absence of the fear of death which always before terrified me. I saw death as a lack of right

## *Can We Live Forever?*

attention to life, and the blows I had called fate as aimed at my limited idea of life, not at me. With one sharp jerk the veil was torn from the eyes of my mind. The exaltation subsided, but the infinite peace has never left me altogether.

I wanted at once to tell my story in the hope that some one might be helped, but I was afraid. Restless days and sleepless nights followed. I was suppressing an unexplainable surging within me. "People will scoff or still worse, will say, 'she is mad,'" revolved over and over in my mind. How could I subject my cherished experience to ridicule or scorn? One night while in this dilemma my answer came. "You are a coward, make no further excuse." Stung by the words that I suggested to myself, I challenged God: "If I am not uselessly tormenting myself, give me adequate proof and I shall follow through."

## *In the Valley of Decision*

Several weeks later my attention was directed to a magazine in which appeared an article by a man whose life interest is in archæological research. What I read gave me the confidence I needed to proceed: "It is seldom today that you hear anyone say a thing is impossible, whereas only a few years ago you heard it on every hand. Our research has been carried on so that we can say, and it will be proved, that there is no such thing as death . . . the scientific facts will be brought out so that they are explainable . . . ." To me this was "adequate proof." My timidity and forebodings were scattered to the winds for I saw in those lines that men are no longer prompted by prejudice and bitterness to assail the thing they really want, and it strengthened my belief that my story has a place in the philosophy of a work-a-day world. From that moment on it has been my purpose to tell



*Can We Live Forever?*

it truthfully and courageously—to neither color nor suppress, nor to write or suggest anything false.

That my experience was not a figment of the imagination and that it was a part of life was confirmed to me by a later experience.

## CHAPTER TWO

# The Proof That Came in Due Time

**I**T occurred late in April—what a day! Sleet clinging to everything it touched for just a moment, unsightly traces of dirty water in little pools, the wind moaning—this had been going on all day, on the certain Friday of which I speak.

Walking to and fro, nervously, silently, I suddenly cried, “Oh God, save my baby! Please God save him! I don’t want to go on without him.” A door off the reception hall opened noiselessly. A white clad nurse emerged. Swiftly she glided to the telephone, and in a low whisper called the doctor’s office. I strained every nerve to catch the report.

“Baby still in coma, fever mounting

### *Can We Live Forever?*

steadily, now one hundred and five and six tenths, pulse beat so low . . . unable to count . . . respiration . . . ” I heard no more. Had not the doctor said a few hours before that there was no hope! He had been in and out many times through the long dismal day.

“He shan’t die! I’ll not let him!” I cried frantically. Then as the hopelessness of the situation came upon me I sank in a crumpled heap, weeping. The telephone bell jangled fitfully—just the neighbor downstairs giving the comforting solace that it is difficult when you have only one child—“so distressing to lose him.”

Earlier in the day the doctor said, “if we rush him to the hospital and tap his lungs, there may be a chance.” The thought of taking the helpless little form out into the bleak dampness almost strangled me. Something assured me that this was not

## *The Proof That Came in Due Time*

the answer. Later he said, "it would have been too late in any case."

My experience flashed before me. Had not I learned that death is an avoidable accident that does not affect life's continuity, and that the spirit of life never leaves a body voluntarily! "Then what shall I do?" I cried, half aloud, half to myself.

"Choose not to leave your body when you find yourself in the valley of decision."

I was rigid with fear, my boy was now in the valley and I had taught him nothing. "But how could I, he was only six, not old enough to understand." In this way I tried to comfort myself and to allay the feeling of guilt that was slowly creeping upon me. Again I cried out to God, perhaps as did Hagar in the wilderness of darkest despair, to "save my son."

The thought came, "you are his mother, you make decisions for him, why don't you

### *Can We Live Forever?*

make this all-important one now — you can!" This was a way out, and I clung to it. Strangely enough in that moment the combat did not seem so futile. Soon I felt the darkness illumined with a hope that slowly led me out of the wilderness of doubt and confusion. With a reassuring peace in my heart, I kneeled at his bedside; with my lips close to his ear I whispered, "You are now in the 'valley of decision,' and I am helping you to decide not to desert your body. You are upheld this moment by a Love that is mightier than any adverse circumstance, even death itself. The God of Love encircles your life and He has no pleasure in death. This is reason enough why you need not die. The spirit of life will not leave your body if you choose to live, it cannot—it shall not—we'll not let it!" Calmly, forcefully, with no doubt in my heart, I repeated this again and again.



## *The Proof That Came in Due Time*

I glanced at the clock, fifteen minutes had passed, the child's eyelids fluttered, then opened. He saw that it was night, and his first words were, "Mother, why didn't you wake me for breakfast? I'm hungry." Human words are poor instruments for the expression of what I felt. He reached for my hand, his big eyes searched my face and he prattled, "I love you mother and I'm going to grow up to be a big man. Then know what I'll do? I'm going to marry you."

In a flash the truth of the words spoken years before was clear to me. "You can live forever; I shall tell you how to do it . . . choose life rather than death when you find yourself in the valley of decision. The proof will come in due time."

Indeed—proof had come in due time! Was this deep veiled secret as simple as all this—was this really all one need do in order to live? Was this what Jesus did

## *Can We Live Forever?*

when he raised himself from the tomb? Did He turn Himself from death and choose to live!

Nine years later it was my good fortune to read an article by Elsie Robinson, "He Chose To Live." With absorbing interest I read of that first Easter morn—"But did He in those hours before dawn struggle between the choice of death or life? I wonder! I wonder if He wished he never need come back, to all the fuss and fret and foolish bickering. I wonder if He wished He could go on, beyond this human life, to shining quiet fields.

"It would have been so easy to stay dead, as often men stay dead through shock or grief . . . so easy to have held the safety of the tomb instead of facing all the burden Easter meant.

"And yet—He *chose to live!* Chose to go on—and laugh, and love, and hope. And by

### *The Proof That Came in Due Time*

that *choice* made Easter more than just a victory over death . . . made it, instead, a triumph over man's weak fear of life! He who had shown us how to bravely die, now showed us something harder—how to want to live!

“That was the great and glorious wonder of the Easter time—not that Christ vanquished death, but that He ‘rose again’ to life—and made tombs seem forever, shameful things.

“I’m glad He did!  
God make me willing, too  
To leave my tomb,  
Help me despise  
surrender and escape,  
through pain, and proudly, bravely,  
Choose to live again!”



## CHAPTER THREE

# The Decision Resides With You

**W**HILE the events related here approach this subject from a different angle, they are nevertheless conclusive in their evidence.

In the month of May, 1933, following his 83rd birthday, my father, was rapidly failing in health. One morning the message came that he had suffered the third stroke together with a cerebral hemorrhage. He was not expected to live through the night. In thirty minutes I was at his side. My affection for him was very deep but I believe his love for me was even greater. No word or act of his ever marred the perfect tenderness of his love. Our natures were similar—we understood each other. He always wanted me to have the thing I wanted, and



### *Can We Live Forever?*

this point bears indelibly upon my story.

Leaning close I begged him not to leave me. His eyes shot with pain, but he whispered with great difficulty, "My darling—I will do as you wish." This went on for days, in fact for weeks. Each time I would leave him he would sink, then I would return and beseech him to stay, and he would rally. He wanted to go, but in his self-sacrificing regard for me he would not make the decision.

One night I arrived rather late. Mother met me at the door and told me that he had been in a coma since noon. I tiptoed to him; putting my arms around him I was about to talk to him when a close friend who stood by me whispered, "Why don't you release him, he loves you too much to go while you cling to him." I had not thought of that before, but I knew this was right. The understanding of what this meant pierced my

*The Decision Resides With You!*

heart, but had I the right to influence his decision when he craved release? Some instinct warned me to stop. Soon his eyelids opened, with his familiar directness he turned his gaze upon me. Feebly he mustered up a smile. He could not utter a sound but his eyes spoke quite eloquently of his thanks. Happy in his release from my unintentional selfishness, he made his decision!

The first bird of the dawn close to the sill of his open window softly sent up a low sweet trill—"Infinite Love fills all space, Life is eternal and death cannot break the link."

An exquisite peace lay like a benediction over me. I saw death—not an inevitable monster, but a disease of life that could be healed. Once again, so it seemed to me, I had conclusive proof of the power of decision which resides within the individual. It

### *Can We Live Forever?*

made clear the fact that though we can choose to live, and though we can help another to make a positive decision if he is willing—if he is not, we must hold our peace.

On another occasion, my attention was directed to a three year old girl suffering from a heart ailment. She had been living for weeks in an oxygen tent. Her mother came to me, thinking in some way I could help her. I told her of the experience I had with my son and pointed out that she could do much in helping her little girl to make her decision. She left my home uplifted and confident. The following evening she called me from the hospital. The child had developed pneumonia and was not expected to live until morning. After quieting her fears I said, "Now is the time for you to help her to make her decision. Try it, don't be afraid."

### *The Decision Resides With You!*

The child improved so noticeably through the night that the doctor said she had not developed pneumonia at all, and that her general condition was greatly improved. For weeks I heard nothing, then one evening she again took a turn for the worse. The nurse had called the parents to come immediately. The child's lips were blue and swollen and the "death rattle" was in evidence. In her hysteria, the mother dashed to a telephone and called me.

"She is gone! Oh my, what shall I do!"

"Return to her—don't desert her now. Tell her that she is in the valley of decision and that you can help her to choose life rather than death." The next morning she reported that no sooner had she followed this procedure, than the child began to breathe normally, the color returned to her lips, the swelling left, and the improvement was so sudden and marked that the doctors

### *Can We Live Forever?*

and nurses were amazed. She was taken to the X-Ray room and upon examination it was found that the critical condition had been corrected. In a short time she was permitted to return to her home.

I should like to say that she lived happily ever after—but I cannot. About a month later, an unusual disturbance took place which the child witnessed. That night the disease returned. I was in our country home at the time. Later I learned of the pathetic circumstances. The child tried to go—the mother clung to her. She had learned that she could hold her and determined to do so. For twenty-four hours before she died, she begged, “Mommie, let me go—please Mommie, don’t hold me.” Finally unable to endure the strain longer, the mother loosed her, and let her go.

“It is the will of God,” says the unthinking one. But Scripture declares that death

### *The Decision Resides With You!*

is an enemy and will be the last to be overcome. And as Miss Robinson so ably puts it:

“Once men thought the plague was sent by God, thought God meant men should be walled apart by time and space. Then came those brave enough to doubt—and to believe. They asked . . . they sought . . . they knocked. The plague was conquered. By wire and radio, auto and aeroplane, the walls of time and space were swept away.

“Now once again man knocks against the blackest wall of all—the wall of death. Will it too, fall before the fury and the flame? . . . I think it will.”

In a work called “Cosmic Consciousness” published in 1901 Dr. Richard Maurice Bucke prophesies: “The immediate future of our race is indescribably hopeful. . . . Religion will not teach a future immortality nor future glories, for immortality and



## *Can We Live Forever?*

all glory will exist in the here and now. The evidence of immortality will live in every heart as sight in every eye. Doubt of God and of eternal life will be as impossible as is now doubt of existence; the evidence of each will be the same . . . Each soul will feel and know itself to be immortal, will feel and know that the entire universe with all its good and with all its beauty is for it and belongs to it forever.”

We are not groping in the bewilderment of a new paradise. What has gone before is not merely inference in default of direct evidence for the actual good already accomplished through this idea cannot be estimated, and the simple statements of inductive proof that follow will show that the application of this idea has actually been used and demonstrated.

More than a year ago this letter came to me. “I was so ill last summer with typhoid

*The Decision Resides With You!*

fever that the doctor attending me postponed his vacation for two weeks feeling it unwise to leave me in so critical a condition. It was during this time when my spirit was hovering in the shadowland that my husband whispered your message in my ear, and I clutched to it as one drowning to a straw. Over and over it sang into my consciousness, until there was room for naught else beside: 'I have made my decision to live and express God.' I know your theory that life everlasting can be here and now, and when I was too weak to talk or to move I held tight to the wish to live. When pneumonia threatened and my chest rattled so that it could be heard in the next room, I wrapped myself tighter in that thought and would not let go. And, of course, I did get well! Because of your earnest desire to help others I am sending this letter to you, knowing that what you

## *Can We Live Forever?*

helped me to accomplish, can be done for others. I am giving you a simple statement of the facts. I have no words to express my gratitude."

On January 6th of this year I received a letter from a friend who lives in Los Angeles, to whom I had sent this manuscript in its incipency. I quote a portion of her letter:

"I must tell you about the wonderful experience I had with your 'Valley of Decision' idea. That must be given to the world! A week ago Sunday night I went to bed about midnight as usual with the same assurance of rest and protection I always have. At 3:15 I awakened with the feeling that my body, sense of sight and hearing was flowing out into the unknown. Instantly I realized I was passing on. I called to my daughter who was awake. 'Oh Mama,' she said, 'something terrible is hap-

*The Decision Resides With You!*

pening in our house.'

"Both the children helped me stumble into their room. Then I sank unconscious to the floor, but the real *me* took up the battle. Never have I seen so clearly the difference between the two selves as in that experience. The battle was very real, but the idea that saved me was that—'Now I am in the valley of decision.' The real me declared, 'I decide to live to glorify God.' Then a sense of calm came. I was able to speak to the children and assure them I was all right.

"In checking up next morning I found that my windows had been tightly closed by a workman that day. Since they are always open, it did not occur to me to check. Venetian blinds cover them. An inspector from the Gas Company discovered two small leaks which were causing monoxide poison in the house. The closed room

## *Can We Live Forever?*

formed a pocket for the poisonous gas. But as in your case the last veils which had hidden the real self were torn away.

“Now I know why you sent that manuscript to me. I had to have your idea for my battle. Again it won the day. Now we must give it to the world!”

Instances such as these can hardly be ignored. To think this evidence before it took form in book, had accomplished something so real and worth while.

By placing before you the question, “Can we live forever?” I merely mean to indicate in the broadest outline what I conceive to be possible. Its worth may only be the record of my knowledge of this subject and my ignorance of the ways and means by which it may be brought into practicability. Nothing approaching to an exhaustive study of this subject is attempted here. It is capable of infinite development and equal-

### *The Decision Resides With You!*

ly infinite achievement. The core of the matter has hardly been touched upon. Nevertheless, what I have, I offer with the hope that others will see the necessity for wider education, appreciation and application of these or better methods "that the Son of man should be glorified."

If there be those who disagree, it should be remembered that many of the controversies that have raged in all branches of science and philosophy have sprung from misunderstanding. But what has been advanced here is not up for argument, but for demonstration. A world-wide concentrated effort and co-operation is needed. The *expectation* of immortality in the here and now is the greatest co-operation that could be given at the present time. Is this asking too much when the possibilities of accomplishment are alike for every human being who lives on the face of the earth today,



## *Can We Live Forever?*

regardless of creed, race, or age! Who can say that it can never amount to demonstration who has not tried it!

In the foreword of a work called "Man, Minerals and Masters," Dr. Charles W. Littlefield says: "Inscribed upon the pages of Holy Writ are promises of immortal life *in the body* . . . Somewhere in its pages is a key that some day will be revealed to solve the mysteries and realize the promises . . . "

I believe we are in possession of the secret of immortal life in the body. What better opportunity could we have than to start now in these stirring times to demonstrate it.

In revealing the details that have gone before I have merely endeavored to describe not only from my own experience but from what I have learned from those to whom I have already imparted this message that

*The Decision Resides With You!*

to *choose life* when he finds himself in the valley of decision is not only a way, but the God-given right of every man, woman, and child, by which he can return to life in the body, when through accident, disease or old age he finds himself in the valley of death.



## CHAPTER FOUR

### Spiritual Attainment and Bodily Perfection Are One Harmonious Goal

ONE day I attended a funeral service. The eternality of life, lived in a body did not seem consistent with what lay before me. Or rather, what lay before me did not seem consistent with the eternality of life.

“Why doesn’t that body function?” I asked myself. My gaze roamed slowly about the walls of the room. It seemed everywhere there burned amber colored lights, but no, there was one among them that was not burning. In this I found my answer. Electricity is not affected when a bulb burns out. The same power is where it always was, ready for use.

“Is man’s body to be likened to a burned out bulb?”

## *Can We Live Forever?*

“That is for him to decide,” came the response from within. “When he makes mental provision to create a bulb that will be permanent, he will insulate it against wear, tear, and accident. Men decide the length of time a bulb should burn when they make it.”

What lay before me had been the temple of the living God, but now it was reduced to a shell through man’s own limitation. It could have been insulated against the ravishing effect of shock, grief, wear, tear, and accident by the power which is resident in every individual.

One thousand light hours the bulb is given to burn. If it burns more, it is said that the light is no longer efficient. “Three score years and ten”\* is the limitation too many have accepted. As thinkers we know that if the Supreme Being had made that

---

\* Psa. 90: 10

## *One Harmonious Goal*

decision, each one would live to be seventy, none more, none less. He who uttered this edict, we are told, lived to be one hundred and twenty years, at which age his eye was not dimmed, neither were his natural forces abated.\*

How our bodies groan under the handicap of years upon which we base our life expectancy, but I believe we shall not always limit our bodies to a stated span of time. Some day we shall take into our consciousness the ingredients of peace and harmony needed to keep them vibrant for eternity.

Think of the progress of light in the past fifty years! How dim and feeble were the first bulbs, their hours few and full of trouble, but when provision was made for better ones we had them. When men decide that death is not inevitable, they will begin to think of ways in which to live fuller lives.

---

\* Deut. 34: 7



## *Can We Live Forever?*

They will continue to grow, not older but wiser.

Physiologically, the body of a human being dies, but "there is no physiological *reason* why the body of a human being should die," said Dr. W. A. Hammond, former surgeon-general of the United States Army. If there is no physiological reason why the body of a human being should die, then abuse kills it. Through his own misuse, or lack of control of mind, and through over-indulgence the individual himself creates reasons why his body should not be perpetuated. One common abuse is an over-indulgence of food.

Food should be considered if body is to be controlled through the power of mind. When mind is in control, food, like all other things is given the recognition due it, not more nor less. It plays its proper and important part in our existence, and like all

## *One Harmonious Goal*

things, which serve a useful purpose, if misused, becomes a destructive element.

For example let us take an automobile engine. If you supply it too much fuel, it chokes and sputters and exerts its power to dispose of the excess fuel instead of supplying power to operate the car. On the other hand if too little is supplied the engine lacks power, fails to perform its task and even the fuel that is supplied thus becomes wasted. Aside from the amount of fuel supplied, let us consider the importance of its quality. Unless it contains the right constituents it fails, even though the amount be adequate. The motor requires a properly proportioned mixture of several ingredients to function well.

So with the human body—to overload it is to place upon it the burden of disposing of the excess food before it can begin to benefit—to deprive it of sufficient food is

## *Can We Live Forever?*

to subject it to under-nourishment and inability to perform. And here again, as with the engine, the kind of food is of great importance. A proper proportioning of several foods, each contributing its essential elements, constitutes a proper diet for the human body. Only a small portion of what the average person eats serves for the purpose of growth and maintenance of the vital processes. The over-abundance is too great for the system to expel, and consequently the residue builds up a grossness that hinders attainment of bodily perfection. Spiritual attainment and bodily perfection are one harmonious goal. Feeding the hunger instead of the appetite will help one in reaching this goal.

It is not my purpose to go into the detail of food or its value to the human body. There are many excellent books that treat this subject, written by those who have a

## *One Harmonious Goal*

scientific knowledge of it. But my own experience has taught me to consume what my body requires rather than what greed craves. By so doing not only have I disposed with over weight but the effects are a more youthful appearance, and a feeling of freedom and mastery that I did not know before.

Another self-inflicted sentence that the individual pronounces upon his body is his reasoning, or lack of reasoning regarding its ability to perform indefinitely. In my own case I puzzled for years over the prospects of a body existing forever. How could a body whose cells and tissue die, whose organs dry up or become diseased go on indefinitely? How could a body be kept young and vibrant for eternity? I studied books on biology and science, and to my surprise in a comparatively short time found the answer—so simple—little wonder it is overlooked.

## *Can We Live Forever?*

Within two years an individual has an entirely new body. All cells and tissue of which his body was formerly composed are gradually dissolved and new ones take their place. If one has a new body within a cycle of years, why need disease or chronic ailments that caused death, be in evidence? Why can't he let the new organism appear and expect the perfect result? The only answer I am capable of venturing is that either he doesn't know this, or else has given it no serious thought. Perhaps it sounds too good to be true! Things are often too bad to be true, but nothing is ever too good to be true.

In my childhood, Mother taught me that our thoughts shine out through our cheeks and eyes. In considering this now I can see that they are not to be confined to cheeks and eyes but are indelibly stamped upon every cell, fibre, and tissue of our

## *One Harmonious Goal*

body. Who is to blame if we, through our negative mental attitude, blast and shrivel the new cells that form, and imprint upon them age, decrepitude, and disease, before they have their chance to blossom and fulfill their function?

There is no old age or death principle in the cell structure of animal life. There is nothing inherent in nature to justify old age in the sense of decrepitude. Death comes from without rather than from within. Death and decrepitude come from factors not inherent in bodily organism.

In "Fundamentals of Biology" Dr. Arthur W. Haupt, assistant Professor of Botany in the University of California says, "A curious fact about one-celled organisms is that, while the cell may die through accident, natural death does not occur. Each individual is potentially immortal, as reproduction by fission takes place before old



### *Can We Live Forever?*

age is reached. In the presence of adverse conditions, as during a drought, the animal passes into a quiescent state, becoming spherical and secreting a protective layer around itself. Such an individual is said to be encysted; it remains in this state until revived by the return of favorable conditions."

Swarms of amebae are destroyed through external forces, but, so far as the life principle is concerned, there seems to be no old age or death expectation. If there is no old age or death principle in the amoeba, it is a reasonable assumption that the same is true of the body cells and that decrepitude and death come from the neglect of the laws of youth and health or from external factors.

Within every form of life is the preservation power. Each one-celled organism is potentially immortal. In the presence of

## *One Harmonious Goal*

adverse conditions it passes into a state of motionless repose. From this man can learn a lesson. In the presence of adverse circumstances he can go into the Silence within himself, in quiet meditation—a practice which clarifies the mind and frees the body. Here he finds repose and so fortifies himself against undisciplined emotions and passions that confront and eventually destroy him. Like the one-celled amoeba which when quiet secretes a protective layer around itself, so man, in the quiet of his own soul can create a protective layer which can grow until it becomes an impenetrable wall.

The reactions of trees and man are alike. What a lesson the tree teaches! It may be thousands of years old, yet its leaves are fresh, green, young, and newly formed, its bark strong, and the sap that flows through it vital. Its strength is greater for its age, and its ability to protect and comfort more proficient.

## *Can We Live Forever?*

Time does not cause a change in the tree except to make it stronger and more beautiful. Despite the fact that the life reaction of trees and men are alike men insist upon limiting themselves to a short life span.

Why doesn't man take advantage of what is rightfully his? He goes scurrying through life trying to accumulate profit, for what purpose? So that he can die rich? No one has ever been able to accomplish this, for death is the greatest of all poverty. That which is his, and for which he need not toil by the sweat of his brow is the power within his own being that only he can bring forth, yet he ignores it completely. So much for human nature!

Right here will be as good an opportunity as any to discuss the distinction between the Father, Son and Holy Ghost. It must be done sooner or later for it is necessary to understand if harmony of mind and body

## *One Harmonious Goal*

is to be produced. To many, the distinction is blurred and having a light thrown upon it may induce us to put it into practical use. The Father, Son, and Holy Ghost, are three aspects of vibrations; three aspects of divine qualities that are present in everything in the Universe. The Father is Creator, the Son, Preserver, the Holy Ghost, the Destroyer of that which has already fulfilled its purpose. The possibilities of demonstrating youth and health for as long as one pleases through this understanding cannot be over-estimated. Knowing himself as Preserver, one sees he is not a helpless entity, left to the mercy of disease and death, but a real being with a work to perform in preserving his body for eternity. A service that none but he may give.

The conception of Father as Creator, Preserver, and Destroyer, a superhuman being endowed with powers to which man posses-

## *Can We Live Forever?*

ses nothing comparable in degree, or even in kind, has slowly evolved in the minds of men. This is because they mistook the order of their ideas for the order of God and it left them helpless in all matters pertaining to their bodies. It is not difficult to see that if God were the Preserver, the bodies of men would never be diseased. Accidents could never happen, sickness would be unknown, for God does not fail in His work. But His work is creating, the Son's—preserving, and he preserves the Father's creation—namely his own body through a peaceful expectant attitude of mind. Automatically the Holy Ghost operates in the destruction of cells and tissue that have fulfilled their function, so that the Father's creative work is not adulterated or cluttered in bodily expression.

When the individual performs in this way he is directing and controlling the power

## *One Harmonious Goal*

and force within himself. Then truly is he the Son, for he is "letting" the same Mind be in him that was also in Christ Jesus.

A woman recently said to me, "Five years ago I was given two weeks to live. Cancer had eaten far into my system, there was no hope. As you know I have had a complete recovery, and only now do I see how my healing took place. I would lie in my bed hour after hour watching the trees in the yard,—it was spring and the fresh new sap was flowing through them. It washed away all old tired leaves and rotten twigs and in their place formed new buds and fresh green leaves. I knew nothing of the distinction or meaning of the Father, Son and Holy Ghost, but I recall now that watching the process of nature gave me peace and hope. Why couldn't the same Power that was renewing those trees renew my body? Without realizing it, I was expecting the same



## *Can We Live Forever?*

renewal process to occur in my body that I was witnessing in the trees. What happened is clear now. My peaceful, expectant consciousness released my body from the bondage in which I held it. Immediately the Father, Son, and Holy Ghost became operative in me; the Father creating new cells and tissue, the Holy Ghost carrying away, not my body, but those tissues and cells which had fulfilled their function, and as I lay there with my heart and mind filled with peace, I was fulfilling my part as preserver. And I am still preserving, so that never again will my state of mind cause a malignancy to appear in my body."

"The hope of prolonging life indefinitely is the proper faith for science," says Dr. Marias Malisoff of the University of Pennsylvania. "All research should be organized with that as the supreme goal. Consider life as an invention," he pleads, "its

## *One Harmonious Goal*

greatest project is the invention of means to keep itself going as long as it pleases."

In reviewing Dr. Malisoff's ideas, Gobind Behari Lal, 1937 Pulitzer prize winner says, "This business of making human life as long as possible, and making the possibility greater and greater, is not easy, and a special world-wide concerted effort is needed . . . What is the basis for being optimistic? Why should anyone imagine that human life span, which seems so limited, is capable of extension to any marked extent? Doesn't the mention of even two hundred years as the average human life span sound nonsense? At present, yes. But Dr. Malisoff asks you to think of trees and certain animals that live long. Trees particularly startle us. California redwoods are proverbially long-lived. Some are known to be five thousand years old. Dr. A. C. Herbert of the University of

### *Can We Live Forever?*

Queensland estimated the age of one of the macrozamia trees in the Tambourine Mountain Reverse near Queensland, to be approximately 15,000 years old."

In his engaging style, Donald Culross Peattie writes, "What a story a redwood stump could tell, with its two thousand rings of annual growth. One of the outermost rings carries us back to the landing of the Pilgrims. Count back from there: sixteen thousand, fifteen thousand, fourteen thousand, eleven thousand, you are still only at the First Crusade. Keep on counting, year by year. Your eyes will be sore and strained before you get back to the year when Alaric was sacking a fallen humbled Rome. And yet this proud, this lusty American tree was already a strong young giant. When it was a sapling the Chinese were inventing paper. When it was a hopeful shoot, Pompeii, the pride of pagan pleasure

## *One Harmonious Goal*

cities, was buried under the ashes of Vesuvius. As the seed sprouted, Christ was born in Bethlehem.

“Kings may go mad ; empires decay. But these forest kings know no decay ; their empire is immutable—till man comes. To insect pest and fungus disease they are practically immune . . . ”

We could all, if we wished, profit by the experience of the trees. Its leaves after fulfilling their function, dry up, wither and fall, but the tree does not die. In like manner man could throw off all tissue, hair, and teeth that have fulfilled their function without bodily decay or death, and like the tree whose withered and fallen leaves are replaced by young vibrant ones, his body could be renewed, not merely by nature, but by the renewing of his mind.

“That ye put off concerning the former conversation, the old man . . . and be re-

## *Can We Live Forever?*

newed in the spirit of your mind.”\* The individual is not asked to put off his body, but the former conversation regarding it. “Death is inevitable” is “the former conversation” which results in “the old man.”

In “Man, the Unknown,” Doctor Alexis Carrel says: “Man is simultaneously a material object, a living being, a focus of mental activities . . . He is made on the scale of the terrestrial mountains, oceans, and rivers. He appertains to the surface of the earth, exactly as trees, plants, and animals . . . But he also belongs to another world. A world which, although enclosed within himself, stretches beyond space and time.” Is it unreasonable to believe that within the unlimited region *within himself*, the eternality of life experience can take place?

There is a legend which tells of the gods taking counsel together as to how to con-

---

\* Eph. 4: 22, 23.

### *One Harmonious Goal*

ceal from man the secret that he was really one of them. "Where can we hide it," they inquired of each other, "that man's daring and intelligence will not discover it?" Then one of them thought of a hiding place where the secret would be inviolate. "Let us hide it in man himself, he will never look for it there." For centuries this secret has remained inviolate, but now it is disclosed and we can go within ourselves, into the unlimited region that stretches beyond time and space and bring it forth. The road which leads to the perfecting of mind and body for eternity is found when one looks for God within himself.





## CHAPTER FIVE

# Insulating the Body Against Death

**I**N this chapter we shall deal with a few consequential points in the perpetuation of body through control and mastery of mind.

To choose life, rather than death, when one finds himself in the valley of decision will bring him safely back to life in his body. But it is not necessary to be plunged into the valley of death through sickness, decrepitude, or accident. Each individual can preserve himself from the fate of these three—for we are told that “In the beginning was the Word\* . . . (and) the Word was made flesh.”\*\* If man will permit his body to fulfill its purpose, it will endure forever, for the Word of God endures forever.

---

\* John 1:1. \*\* John 1:14.

## *Can We Live Forever?*

God is Life, and Life is a fact without beginning or end. It emanates in and through everything, but Life can be expressed in its fullest only through man. Life—the Creator, produces all things including the body. The individual has been in the habit of thinking his life began when his body was formed, but Life produced the form, as it produces all else, and is not to be confined to the appearance of or the dissolution of body.

The eternal renewing process is ever present in the tree. Would the young fresh leaves on the oldest trees be in evidence if this were not so? Doesn't the tree have an outward appearance of beauty and strength, no matter what its age? The life reactions of trees and men are alike. Should the bodies of men at the age of eighty or ninety look like so many trenches in a cement road? The eternal renewing

## *Insulating the Body Against Death*

process takes place in his body as it does in the tree. The appearance of age he forces upon himself. The same Life that flows through the tree flows freely throughout infinite space, and it is his privilege to draw upon it at will. If decrepitude has overtaken one, or if he suffers from a mental or physical disorder, he may welcome death as a way out. Therefore it is as important to learn to preserve the body in health and youth as it is to know that the decision is with the individual.

Scientists have recently made public conclusions to the effect that the atmosphere of fear and uncertainty in which much of civilized humanity is immersed today, whether in war, business, politics or labor struggle, may be regarded as a causitive factor in many common ailments, such as ulcers, high blood pressure and even the common cold. These are only a few of the

## *Can We Live Forever?*

ailments caused by the atmosphere of fear and uncertainty. Everything pertaining to one's body, mind, or outer condition is affected by the atmosphere. But this does not leave one helpless in the matter, for he can produce for himself any atmosphere he wishes through his thinking. If he thinks in terms of age and decrepitude, his thoughts are crystallized into bodily weakness. If he is filled with fear and worry, disease will manifest in his body. On the other hand right thinking acts as a powerful and effective serum. It inoculates the human body against disease even though the atmosphere is charged with it.

If one thinks persistently in terms of joy and youth, he will retain a youthful body. In the inner consciousness of each individual exist wonderful reservoirs of power which if drawn upon will bring liberation from bondage, and illumination that will

## *Insulating the Body Against Death*

light the way to a more glorious realization of what the Infinite provides for him. Through the control and mastery of the mind, one can produce health in his body, wealth in his affairs, and an inexpressible peace in his consciousness.

If the body of a human being has grown old through a negative uncontrolled attitude of mind, it is reasonable to believe that through the control and mastery of mind it can be renewed. It is never too late! Only the darkness of one's own thinking, or lack of faith could keep him from seeing that perfection exists for every human being. When I speak of faith, I do not mean an enthusiastic view of life or things, but simply the true vision gained by an awareness of peace. Faith must be practically applied, and that faith must be in one's own ability to apply the law. And how may the law be applied? "I beseech you, brethren,



## *Can We Live Forever?*

by the mercies of God,—that ye present your bodies a living sacrifice, holy, acceptable unto God, *which is your reasonable service* . . . be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect will of God.”\*

It is the reasonable service of every human being to present his body, whole, free, and triumphant before God—a living, vibrating, harmonious unit. It is the work of the individual to prove what is the good and acceptable will of God. We need not go far to learn what it is. His will is clearly stated: “I have no pleasure in the death of him who dieth, wherefore turn yourselves and live ye.”

To fit ourselves to perform our reasonable service is through the renewing of our mind—or letting the Mind be in us that was also

---

\* Rom. 12: 1, 2.

## *Insulating the Body Against Death*

in Christ Jesus. To understand how to “let” this Mind be in us, is essential if we are to perpetuate our bodies. Time and again the meaning of “Mind” spelled with a capital letter, and “mind” spelled with the small letter confused me. I knew of course, that the capital letter implied Divine Mind while the small letter represented the human mind. It was not plausible that I gain mastery over Mind, for Mind is God, and Master at all times. But I knew that I must master my human mind. Here is where the confusion arose. Were there two? If so, I lost the joy of contemplating the oneness of Mind.

Knowing that each one can find God in the silence of his own soul, and the answer to everything that perplexes him, I entered my meditation longing for enlightenment. In that silence where men transcend walls and break the cords that bind them, the

## *Can We Live Forever?*

answer came. I shall give it now, as it came to me then.

“If you substitute the word ‘Peace’ for what you now term ‘Mind’ and the phrase ‘passions and emotions’ for what you term the ‘human mind,’ you will never be confused again.”

This was a great awakening to me. I selected the first passage from Scripture that came to me, substituting the word “Peace” for “Mind.” “Let this Peace be in you which was also in Christ Jesus,” I heard myself saying. Then another passage followed, “The peace of God, which passeth all understanding shall keep your hearts and minds.”\* How understandable this was to me then. The Mind which is so little understood is Peace. The spiritual state in which there is freedom from fear, conflict, agitating passions or disquietude shall

---

\* Phil. 4: 7.

## *Insulating the Body Against Death*

flood the heart, purifying the affections, and shall keep the passions and emotions in control.

Now when I think of "Mind," I am aware of Peace, and when I think of the control and mastery of the human mind, I am aware of my power to control the passions and emotions.

Each individual through his awareness of peace can become the embodiment of his highest concept. Peace comes through mastery of the mind. It teaches man how to release those things in his life which have fulfilled their purpose, whether they be ideas, habits or physical objects. The influence of letting go of things that no longer serve his purpose is felt all through his system. He is better able to take the good out of all things which is necessary to his well being without obstructing Divine Energy in its operation for the elimination

### *Can We Live Forever?*

of everything unlike perfection, including those cells and tissues which have fulfilled their purpose. Peace brings the singleness of eye which fills the body with light, enabling one to see God in the faces of men, and His operation in and through everything. His strength is renewed, he mounts into heights of inspiration which lifts him above all sordidness and strife. He performs with no sense of fatigue or discouragement. Ways and means of accomplishing whatever is necessary to bring about a legitimate adjustment in his affairs flood his consciousness without confusion. He no longer measures his possibilities by what he has not done, but rather by what can be done. Peace keeps him evenly inclined toward all, with his passions and emotions under control. Peace urges him to accept his spiritual estate now; it frees his mind from the turmoil of the outer. Persons and

## *Insulating the Body Against Death*

conditions come into his peace, but he maintains his peace where they are concerned. In peace his capacity to meet conditions, rises automatically. There may be many paths which lead to peace. I speak of one that is invaluable to me.

Meditation has brought me a greater manifestation of the Infinite. It was made clear to me that if I wished to see a greater manifestation of the Infinite in my body and affairs I must be willing to make contact with that inner Power which is Infinite. In meditation, the soul sees, and what it sees is more perfect than what is seen with the eyes, and is impressed upon the body forever. Its effects are elevation, enlightenment, quietness. Sometimes more, sometimes less, but always a door is opened into a splendor of light. It is orderly procedure. Order is God, and the ability to be orderly is derived from God. Through meditation



## *Can We Live Forever?*

one becomes more conscious of his own possibilities, gains a higher concept of life, and proves to himself that peace can be achieved at any moment. Should it be too great an effort for men to meditate, and thus vibrate in harmony with the Universe?

Each morning I set aside a half hour for meditation, to become aware of the Power within me. Turning from the world without to the splendor of the Living Light which illumines my world within, I sit in the silence with eyes closed and calm the rush of thought, seeking that which is higher than the intellect. The desire to force conditions which I imagined to be better than the ones already existing, is first to leave me. I let the natural impetus of the accepted fact of perfection govern me—it is already the established order of things. Automatically I stop limiting the word God to that particular conception of the divine

## *Insulating the Body Against Death*

Nature which I had formed, and see Him rather as the highest degree of Power which I may arrogate in perfect faith to myself. I do this, and recognize no limitation.

I empty my mind, and attune it to the radiance of divine Mind. Slowly it fills with an awareness of peace, and as this quality unfolds within, it floods my being and I become aware of it in the objective world; aware that every man is a king, his body his domain to rule wisely, so that it will serve him without rebellion and stand forth a radiant spiritual form through which this inner Living Light operates without interference.

From the "Father of Lights"\* comes every good thing flowing through me into my outer world. I can flood my being with His likeness when I will. I become aware that health is a law for the government of

---

\* James 1: 17.

### *Can We Live Forever?*

the universe. If I go into meditation with an ailment, I see the penetrating Light flood the afflicted area, healing it through the elimination of that which is unusable in God's plan for me.

Absorbed in this way, the eternal Light grows brighter. I lose consciousness of the demands of body, but am aware that its needs are fulfilled. A raised consciousness now controls it. I have purified my concept of it, and purity has taken it in charge. In a burst of ecstasy I have released those things in my life which have fulfilled their purpose—Divine Energy operates within me without obstruction—dead and worn out cells are dissolving—new ones appear in health and youth. The pure intelligence of Mind flows freely. I have made contact with the possibilities of my being and bring them forth,—yet in all this activity there is perfect silence!

## *Insulating the Body Against Death*

This is my fortification during the day, it protects me from undisciplined emotions and passions. It enfolds me in a peace that grows daily, and is gradually becoming an impenetrable wall.

At night I repeat my meditation, in silence, alone, it is my preparation for peaceful sleep from which I awake refreshed and benefited.

At first it took patience and determination to calmly await the awareness of peace, for the conflict of ordinary human thinking clamored for recognition. But my persistence was rewarded, and I became aware of the peace "that passeth all understanding." Now I can gain composure at will, and so can you. The bliss that will be yours from contemplation of the Power within, and your ability to bring it forth in sweet solitude cannot be described.

There were times when I was too busy

## *Can We Live Forever?*

for this quiet hour. One day I asked myself if I was too busy to be successful, peaceful, and poised! Was I too busy with sickness, failure, and sorrow, to turn from them to health, wealth, and life? I had never viewed it from that angle before, but since then, I have never been too busy! Whatever our work in the outer world may be, the inner work of every man is alike, it is perfecting his understanding of the perfection in which he exists.

The great men of all time have known the value of contacting the Power within. Even though their writings indicate that they were ignorant of the fact that it could be done at will, yet all were in accord that within man resides the Power not only to keep him in peace, but to enable him to demonstrate immortality.

In speaking of his illumination during meditation, Plotinus says, "This sublime

### *Insulating the Body Against Death*

condition is not of permanent duration. It is only now and then that we can enjoy the elevation above the limits of the body and the world. I myself have realized it three times as yet." Bacon's periods of illumination were probably longer and more frequent than those of Plotinus. Still he says, "Full many a glorious morning have I seen . . . Even so my son one early morn did shine. With all triumphant splendor on my brow; But out alack! he was but one hour mine. The region cloud hath mask'd him from me now. Yet him for this my love no whit disdaineth . . . "

Neither Plotinus nor Bacon, apparently could control the periods of illumination. John Yepes from the same point of view says: "O how blessed is that soul which is ever conscious of God reposing and resting within it. He is there, as if it were, asleep in the embraces of the soul . . . If He were



### *Can We Live Forever?*

always awake in the soul the communications of knowledge and love would be unceasing, and that would be a state of glory.”

What these men saw were only fragmentary and isolated glimpses of what can be seen as a definite whole. They all speak of the barrenness of the intervals as compared with those periods when they actually felt the presence of the Light within. To what heights could they have soared had they known that the barren intervals could have been eradicated through uninterrupted and persistent meditation.

God is always awake in the soul, and the communications of knowledge and love are unceasing. The art of living, or drawing upon the Power within is not for a select few. All are eligible to partake of this glory. Ultimately those who will use it to unlock the storehouse of treasures within themselves, will be overwhelming.

## *Insulating the Body Against Death*

We could not think of a thing unless it were possible of accomplishment. The expectation alone, of living forever will lift one out of his former dull and fearful life into an earth that becomes heaven. Yet those who have this expectation will not postpone their efforts to gain control of mind and body, for the actual effort they put forth produces the accomplishment.

A simple way to begin the demonstration of your earthly immortality is not to let one hope, desire, or plan, that has in it a purpose of good, die. Keep alive in your thinking everything that has a right to live, and be assured, every good thing has this right.

This method has helped me, it has helped others, and it will help you. "God's will be done in earth" simply means to me that each one can achieve perfection in immortality while dwelling upon the earth. For

## *Can We Live Forever?*

just as true as a body is lowered into putrefication through a negative attitude, so can it be raised into purification through a pure attitude.

The great minds of the world are in tune today, and see that death is not inevitable. From the world of science, theology, medicine, and philosophy come these startling statements:

“What is now a rare chemical in some laboratory may some day keep you from dying . . . ” says Charles F. Kettering, Vice-President of General Motors and Director of Research. “Because of a new way of burning fuel you may live in an entirely different kind of house five years from now . . . a new use of heat may some day restore your child to health . . . we ought to quit being afraid of the future. Change is the law of life. We should work with change instead of being forced into it. All

## *Insulating the Body Against Death*

our education teaches finality. Business clamors for stability. Our thinking is conventionalized. Anything new is cuckoo.

“We have great libraries containing most of the human knowledge, but I should like to see a library for volumes describing all that we don’t know. It would have to be bigger than all the others put together.

“In research we need a lot of intelligent ignorance. Whenever you begin to think you know all about any subject, it stops your progress. The electrical people, thirty years ago, knew that you couldn’t develop an electrical self-starter. That was my good luck . . . ”

All worth while accomplishments were first considered impossible. So may it be with this subject. The average thinker, or even the experts may say it can’t be done, but upon closer examination we find they merely mean “it never has been done.”

## *Can We Live Forever?*

Here Scripture comes to the rescue with the clarion call—"Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love Him."\*

When dominion was given to man over everything, mastery over body was not excluded. This mastery is what eye has not seen, nor ear heard, neither has it entered into his heart, but that does not mean that it is impossible of accomplishment.

From the field of theology, Max Muller says:

"Without a belief in personal immortality, religion is surely like an arch resting on one pillar, like a bridge ending in an abyss." And from medicine, the famous neurologist, Doctor Titus Bull says, "Matter is spirit at a lower rate of vibration. When a patient is cured, it is spirit in the

---

\* 1 Cor. 2:9.

## *Insulating the Body Against Death*

cell doing the healing according to its own inherent pattern. No doctor ever yet cured a patient, all he can do is to make it possible for the patient to heal himself."

In recalling her visit to Doctor Carl G. Jung of Zurich, the world famous scientist, Dorothy Giles recounts his astounding statement to her: "I am now convinced I have never had a case that did not originate in a spiritual unrest."

"In this day of wonders," said Rufus Steele, "the old order changeth; the new landmarks thrust shining portents into the skies. Eminent biology sees death's sting as unnatural, even with its natural eyes, and prepares to give death far postponement."

Science, theology, medicine, and philosophy are no longer at variance but blend in one harmonious accord.

"The last enemy that shall be destroyed



### *Can We Live Forever?*

is death.”\* In the light of what has already been said we can see that this divine promise is possible of fulfillment, for man’s possibilities are established by the Infinite, and he through unlimiting his expectations can realize unlimited possibilities.

Today life is the sweetest as well as the most exciting word I know. It is as soft and gentle as death is ruthless and cruel. Life is a supreme adventure and will still be lovelier when the word “death” is relegated to the dim past.

I have never regretted my decision, nor needless to say, the one I helped my son to make. I believe that the longing for life eternal is more than a physical longing, and the command, “Live ye,” a promise that the only death through which one could pass would be the death of something no longer wanted.

---

\* 1 Cor. 15: 26.





3 1187 21070 15

3 1197 21079 4795

## Date Due

All library items are subject to recall at any time.

[illegible]

Brigham Young University



